

# Walk Nashville Week 2002

Promoting Physical Activity as a Way of Life

Coordinated by the

Community Health and Wellness Team

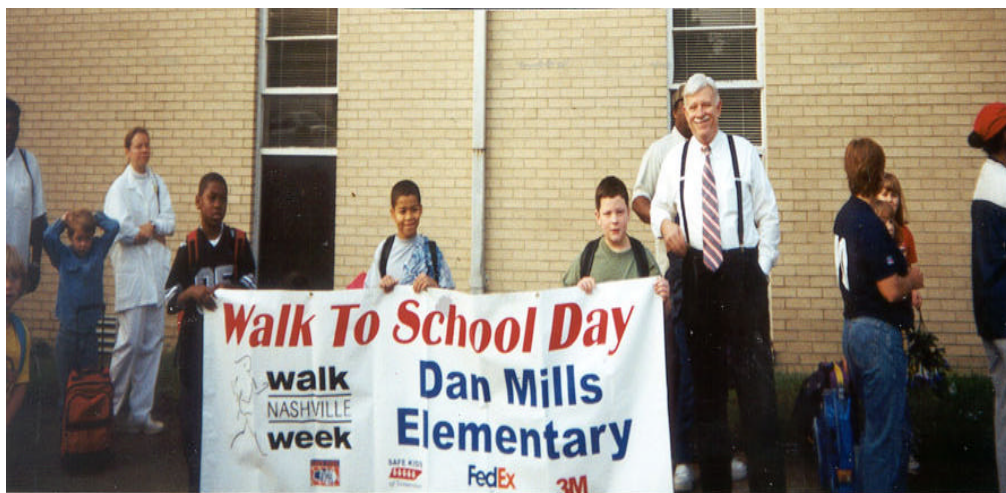
A Coalition Facilitated

by the

Metropolitan Public Health Department

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Director of Health



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**Walk Nashville Week 2002**  
***Promoting Physical Activity as a Way of Life***  
***Community Health and Wellness Team***

**I. Executive Summary**

*“Urban areas, no longer relying on walking and bicycling as travel choices, are becoming unfit and unhealthy. The U.S. Center for Disease Control is highly concerned that convenient daily physical activity, especially walking, is lacking in American life.” - Dan Burden, nationally renowned expert on pedestrian and bicycle facilities and Director of Walkable Communities, Inc.*

Nashvillians celebrated their fourth annual Walk Nashville Week October 2-6, 2002. Volunteers organized by the Community Health and Wellness Team led 7,000 children and parents in the Walk To School Day on October 2. Older adults at Senior Centers, the Leah Rose Residence for Senior Citizens and the Teachers Retirement Residence participated in Walk for Active Aging on October 4-5. The walk was postponed or cancelled at several locations due to tropical storm Lilli making her presence known on the appointed day. Over 10,000 sports fans were recognized for their effort on Walk to the Titans Game Day on October 6.

The purpose of this report is to share information that was gathered during Walk Nashville Week 2002 with public officials and others in an effort to promote better walking conditions throughout Nashville. The schools that participated in Walk to School Day are listed below. Twenty-eight (28) of the 37 schools completed surveys on the conditions of their walk and the neighborhood surrounding the school.

? Alex Green Elementary	? Charlotte Park Elementary	? Lakeview Elementary
? Amqui Elementary	? Cole Elementary	? Napier Enhanced Option School
? Bailey Middle School	? Cora Howe Elementary	? Park Avenue Elementary
? Bellshire Design Center	? Crieve Hall Elementary	? Percy Priest Elementary
? Bordeaux Elementary	? Cumberland Elementary	? Ross Elementary
? Buena Vista/Jones Paideai Magnet School	? Dan Mills Elementary	? St. Ann School
? Caldwell Early Childhood Development Center	? Dodson Elementary	? Tulip Grove Elementary
	? DuPont Elementary	? Tusculum Elementary
	? Eakin Elementary	? Una Elementary
	? Gateway Elementary	? W. A. Bass Middle School
	? Glenclyff Elementary	? Warner Elementary
	? Glenn EOS	? West End Middle School
	? Haywood Elementary	? Wharton Middle School
	? Hermitage Elementary	? Whitsitt Elementary
	? Julia Green Elementary	
	? Kings Lane Design Center	

After compiling and analyzing the gathered data, the Community Health and Wellness Team arrived at the following recommendations:

- Education is needed for drivers, for the safety of pedestrians and bicyclists.
- Community-wide Health Education is needed to teach the importance of physical activity to reduce the risk of cardiovascular disease.
- Enforcement is needed regarding parking on sidewalks and near intersections.
- Traffic should be slowed in the entire 1 1/4-mile perimeter around schools.
- The environment around schools needs to be cleaned up, trimmed, repaired, made walkable and safe.
- Safe, walkable sidewalks and bike routes are needed, especially around schools.

Each year, after Walk Nashville Week, data is collected, analyzed, and compiled into a report. The Team hopes that relevant Metro Departments and other stakeholders will consider this information and make plans and future decisions that will create a Walkable Nashville.

## **II. Walk To School Day 2002**

The mission of the Community Health and Wellness Team is to promote wellness for all ages, through physical activity. Teaching children that regular physical activity is important will help them throughout their lives. According to the Centers for Disease Control and Prevention (CDC), there is an obesity epidemic in the United States. The number of overweight children aged 6 to 11 years has more than doubled in the last 30 years. Regular physical activity can help children maintain healthy bones, muscles, and joints, control their weight, and improve self-image. Besides promoting physical activity, Walk To School Day is an important opportunity for the children and adults to assess the neighborhood's built environment (roads, sidewalks, layout of buildings) with respect to safety and walkability.

The 2002 Walk To School Day was the fourth year for this event. More than 7000 teachers, parents, children, and civic leaders came together for an early morning walk to 37 Nashville schools. The event at Charlotte Park Elementary, the lead school for the 2002 event, drew media attention from Radio, TV, news print, and was attended by many local dignitaries such as Mayor Bill Purcell, Director of Schools Dr. Pedro Garcia, Deputy Director of the Metro Public Health Department, Mr. Bob Eadie, and Director of Public Works Rick Conner. Mayor Purcell participates every year, motivating walkers and expressing support.

Walk to School Day grew from 29 schools in 2001, to 37 schools in 2002. In 2002, 14 new schools joined the event and 23 (62%) schools were in the second, third, or fourth year of the event.

### **Methods**

PE teachers primarily organized Walk To School Day at each school. The Team provided Walk To School Handbooks to assist the teacher and school in organizing the event. The Handbook includes resources, contacts, and examples of activities to promote the event beforehand. With the help of our partner Federal Express, the Team distributed banners, coupons for refreshments from a local grocery store, Reflectory sneaker stickers, and walk surveys to each school during the week before the event. On the day of the walk, volunteer liaisons attended the events at many of the schools to provide technical assistance, for example: walking with the children, taking photographs of the event, trouble shooting, and collecting the walk surveys.

Both adults and students completed the walk surveys after they arrived at their destination school. The survey is modeled on the National Safe Kids Campaign Walkability Checklist and on the Kids Walk-To-School Tools from CDC. The survey focuses on neighborhood design (or built environment) and safety issues by listing common problems that might be experienced with respect to sidewalks, street crossings, traffic/drivers, and general safety. The Checklist was originally intended as a community self-evaluation tool, not as a research instrument. The Team added questions to assess other barriers to walking, possible solutions that would encourage persons to walk more frequently, and assessed their current walking habits. In addition, in an attempt to get descriptions that are more specific and locations of problem areas, we requested specific street names where problems were encountered. We also allowed space for participants to write-in problems they encountered.

The survey was collected as a convenience survey. Our original target was to survey approximately 25 parents or children at each school, regardless of the number of participants. We reached this target at 7 of the 37 schools. School specific summaries include a map highlighting the problem streets in the neighborhood and a list of the problems noted by the walkers.

## **Limitations**

Because this was a convenience survey, there were many limitations to the information we gathered. The main limitations were 1) not all Metro Schools were surveyed, 2) not all participants in the event completed the survey, 3) extraordinary measures, such as police escorts, were taken to ensure safety during this event, and 4) the festival-type nature of this event may distract the attention of those surveyed from serious environmental problems. Therefore, the results from this survey do not represent a complete and thorough assessment of the condition of the built environment around Metro Schools. They do provide a general indication, however, of some of the more obvious problems and concerns that parents, students, and teachers have regarding walking to school.

## **Results**

A total of 490 surveys were collected from 28 schools.

The first set of questions addresses the usual method of transporting students to school:

### **Going to School**

- 61% of persons surveyed said their children are usually driven to school.
- 22% of persons surveyed said their children usually walk to school.
- 17% of persons surveyed said their children usually take the bus to school.
- 1% of persons surveyed said their children usually bike to school.

The participants were asked to evaluate the sidewalks and identify the exact location:

### **Sidewalk Problems**

- 34% of persons surveyed noted sidewalks start and stop.
- 32% of persons surveyed noted there were no sidewalks.
- 24% of persons surveyed noted the sidewalks were broken or cracked.
- 18% of persons surveyed noted the sidewalks were blocked by poles, etc.
- 18% of persons surveyed noted the sidewalks were too narrow.
- 15% of persons surveyed noted the sidewalks were too close to traffic.
- 11% of persons surveyed noted sidewalks ramps were missing at corners.
- 5% of persons surveyed noted sidewalks were blocked by parked vehicles.

Participants were asked to evaluate their experience in crossing streets:

### **Street Crossing Problems**

- 27% of persons surveyed noted crosswalks were needed.

- 16% of persons surveyed noted pedestrian crossing signals were needed.
- 14% of persons surveyed noted the streets were too wide to cross.
- 9% of persons surveyed noted streets needed traffic lights.
- 5% of persons surveyed noted the view of traffic was blocked.
- 3% of persons surveyed noted traffic lights were too long.
- 3% of persons surveyed noted walk/don't walk signals were too short.

Participants were asked to evaluate driver behavior toward pedestrians:

#### Traffic and Drivers Problems

- 42% of persons surveyed noted traffic was moving too fast.
- 19% of persons surveyed noted drivers did not yield to pedestrians.
- 13% of persons surveyed noted drivers didn't stop at stop signs.
- 10% of persons surveyed noted drivers didn't obey traffic lights/signals.
- 7% of persons surveyed noted drivers didn't look before backing out into street.

Participants were asked to evaluate their perception of safety while walking:

#### Safety Problems

- 27% of persons surveyed noted they felt unsafe because of too much traffic.
- 21% of persons surveyed noted they felt unsafe because of bad drivers.
- 22% of persons surveyed noted they felt unsafe because of unleashed dogs.
- 15% of persons surveyed noted better street lighting was needed.
- 10% of persons surveyed noted they felt unsafe because of people loitering.
- 6% of persons surveyed noted they felt unsafe because of vacant buildings.

Participants were asked about their regular walking habits and their own personal barriers to walking:

#### Regular Walking

- 26% of persons surveyed said they walked three times a week or more for at least 30 minutes a session.
- 39% of persons surveyed said they would walk more if they had more time.
- 38% of persons surveyed said they would walk more if there were better sidewalks.
- 25% of persons surveyed said they would walk more if the neighborhood was safer.
- 24% of persons surveyed said they would walk more if they had someone to walk with.
- 11% of persons surveyed said they would walk more if they had better health.

## Conclusions and Recommendations

- Lack of sidewalks and sidewalk disrepair were the most noted environmental problems and barriers to walking.
- Lack of adequate crosswalks, pedestrian crossing signs, and traffic signals created the perception of unsafe walking conditions in the neighborhoods surrounding many of the schools. Improvement of all of these features should be considered.
- A public education campaign for drivers is needed to inform citizens of how they might successfully share the road with and respect the rights of pedestrians and cyclists.
- Magnet schools are special cases for which students often do not have a choice of being bused or driven to school. Other opportunities for physical activity need to be ensured for these student's health and well-being.
- Local schools, parent-teacher organizations, and other community groups should organize walking groups. Walking groups would offer the companionship that many walkers said would encourage them to walk more.

The most common barriers that might be resolved by community and government intervention are lack of sidewalks and fast moving traffic. This reinforces what we learned from the first two environmental questions, that the most common problem is poor maintenance of or lack of sidewalks around schools. Dangerous dogs, the perceived crime rate, and no one to walk with might also have potential for community or government intervention.

Community or neighborhood planning of safe walking routes for children would focus improvement efforts. Creating a supportive environment could go a long way toward promoting regular physical activity for residents in Davidson County.

### **III. Titan Fans Walk to Game Day 2002**

The goal of Titans Fans Walk to Game Day (TFW) was to encourage sports-fans to recognize the importance of walking for both physical and emotional good health and to recognize the Titans fans for their walking some distance to the game that day.

#### **Methods**

Forty volunteers were strategically placed along the more heavily trafficked streets leading to the stadium. Volunteers wore distinctive T-shirts to stand out from the crowd as they distributed bottled water, wearable stickers, and greeted the fans with a friendly congratulatory message to reinforce the fans' efforts to be physically active. Distances were measured from parking areas throughout the downtown area to the football stadium. Round-trip distances were then printed on banners and hung in their respective locations a few days prior to game day. The event was promoted with posters in the windows of various downtown shops a week before the event. There were press releases in both print and radio formats.

#### **Outcomes**

- Over 10,000 sports fans were reached with a message of support and encouragement for their walking to the game. Volunteers distributed approximately 10,000 wearable stickers printed with the message "I Walked to the Titans Game Today".
- We established a good relationship with the Tennessee Titans Community Relations department. They were supportive of the goals, and provided opportunities to promote the event on their web site calendar, the game program, the pre- and post-game radio shows, and via a message appearing on the Jumbo-Tron during the game. They also put us in touch with some of their corporate sponsors to approach for financial support.

#### **Conclusion**

This event complements the other events during Walk Nashville Week by targeting sports fans of all races and ages. We demonstrated that we can reach large numbers of people with a positive message about becoming more physically active in the daily routine, thereby planting seeds of change that lead to a more active, healthy lifestyle.



## **IV. Walk for Active Aging 2002**

### **Overview**

The Walk for Active Aging Day goal was to encourage more walking among older adults by leading a walking event. Participants completed walk surveys and learned about barriers often faced while walking.

### **Methods**

The plan was to select several older adult centers and high rise senior apartment buildings, recruit leadership for the walk from those members, and provide technical support and participation incentives for the older adult walkers at each center. This was a change from prior years in which a walk at a central location was planned, which required participants to have transportation to the central location. The older adult centers included Knowles and Donelson Senior Citizen Centers, as well as Leah Rose Residence for Retired Persons and the Retired Teachers Residence. Senior citizen members of the Dayani Human Performance Center for Rehabilitation also walked. The Team provided Walk for Active Aging Handbooks as well as technical assistance. Incentives were provided in the form of “goody bags” with donated items such as light switch enhancers, (an aid for arthritic hands) sport key holders and jar openers imprinted with healthy heart messages. Participants at Leah Rose completed walk surveys after completing the walk. Results are summarized below.

### **Outcome and Survey Results**

Participation was highest at Leah Rose, which had 27 enthusiastic walkers. Some older adults even participated using walking aids. Knowles Senior Citizen Center had approximately 10 walkers.

### **Limitations**

The Walk for Active Aging was scheduled on the days that tropical Storm Lilli blew into Nashville, causing the Retired Teachers Residence to cancel the walk. However, a few participants did gather together in the residential meeting room and were led in stretching exercises by YMCA professionals. The Leah Rose residence simply postponed the walk until the following day, Saturday, and had a good turnout.

### **Conclusion**

Active older adults are more independent, have fewer disease management problems. They enjoy the benefits regular exercise, which provides improved physical, mental and social health. Walk for Active Aging is an opportunity to promote increased activity among older adults. This event demonstrates that older adults are very receptive to change interventions that in the past have only been targeted for younger people. Walks at older adult residential facilities represent a large area of potential growth for Walk Nashville Week activities.

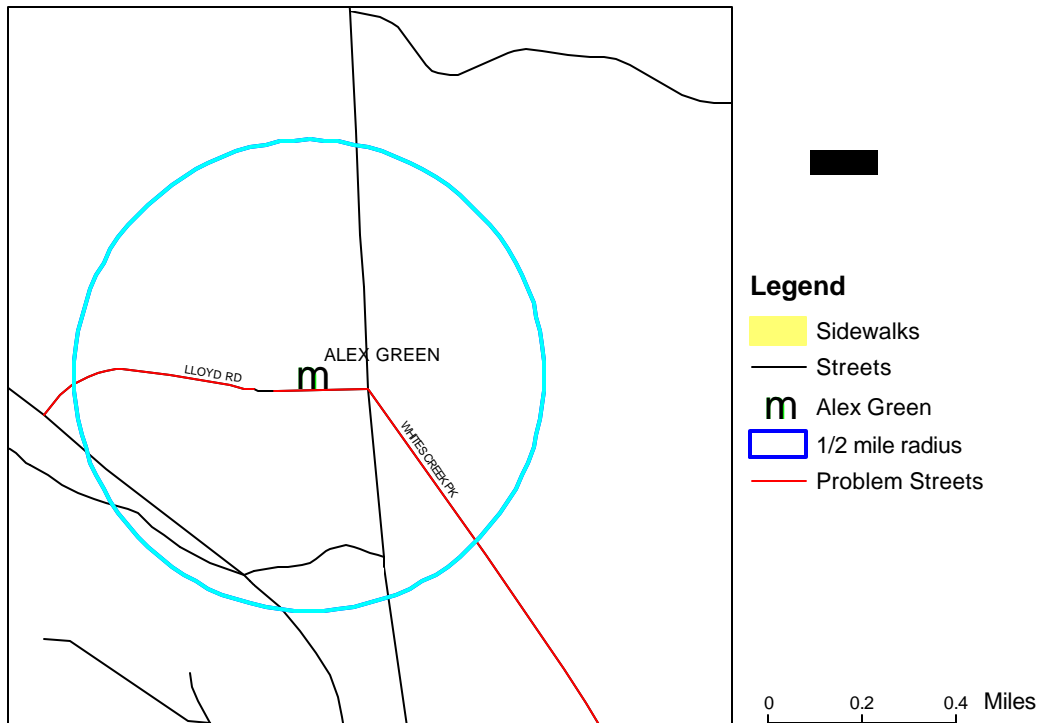
## **V. Walk to Lunch Day 2002**

This was the first year for the Walk to Lunch Day event, and was a learning experience for the team. Two walks took place at two locations, Green Hills business district and downtown Nashville. Several restaurants were approached and agreed to give discounts to walkers who simply stated they had “walked to lunch”.

The walking groups met at a central location, and noted barriers along the way, such as streets too wide to cross safely before the lights changed. These people became aware for the need for change, after just this one experience.

This walk has great potential for growth in the heavily populated business districts, as congested traffic and limited parking is causing people to seek alternatives to driving and searching for a parking space. Much more communication and education on walking for health is needed in order to increase participation.

**Alex Green Elementary**  
**3921 Lloyd Road, Whites Creek, TN 37189**  
9 surveys



### **Neighborhood Problems from Walk Surveys**

- No sidewalks (78% of surveys)
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Pedestrian crossing signals timing too short
- Crosswalks needed
- Drivers go too fast
- There is too much traffic
- Bad drivers
- Streets need better lighting
- Unleashed dogs

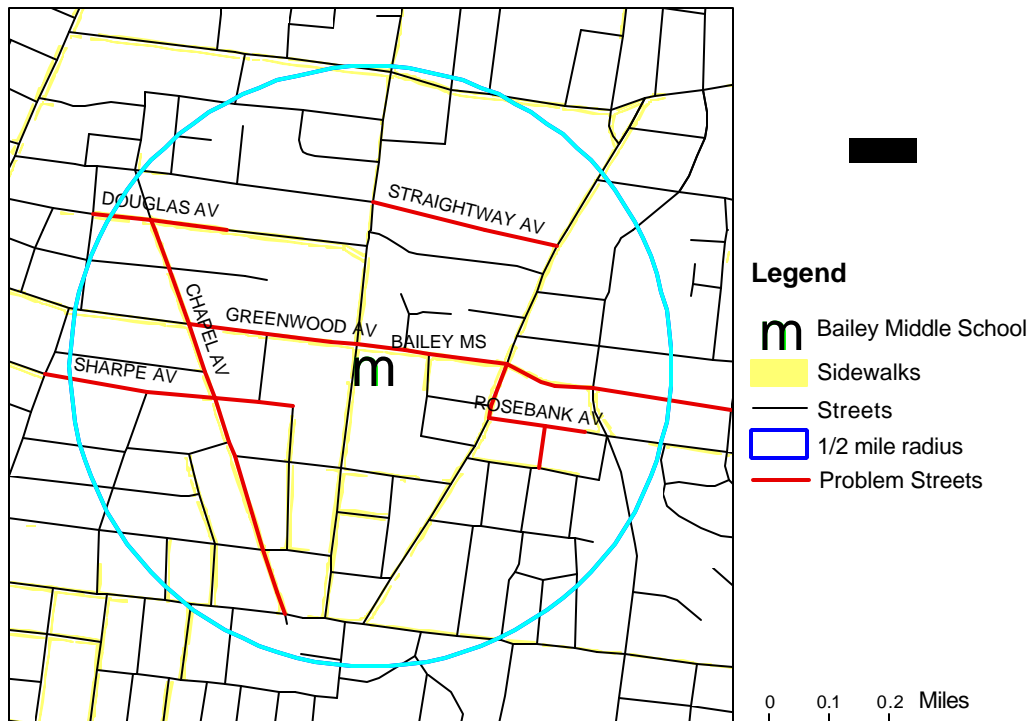
### **Regular Walking for Exercise**

33% walk at least once a week

### **Solutions to Walking Barriers**

- More time, Someone to walk with
- Better sidewalks (67% of surveys)
- Safer neighborhood
- Better health

**Bailey Middle School**  
**2000 Greenwood Ave, Nashville, TN 37206**  
 8 surveys



### **Neighborhood Problems from Walk Surveys**

- Sidewalks start and stop (50% of surveys)
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too narrow
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- Drivers do not stop at stop signs (50% of surveys)
- Drivers do not obey traffic signals
- Drivers go too fast (50% of surveys)
- Drivers do not yield to pedestrians
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs

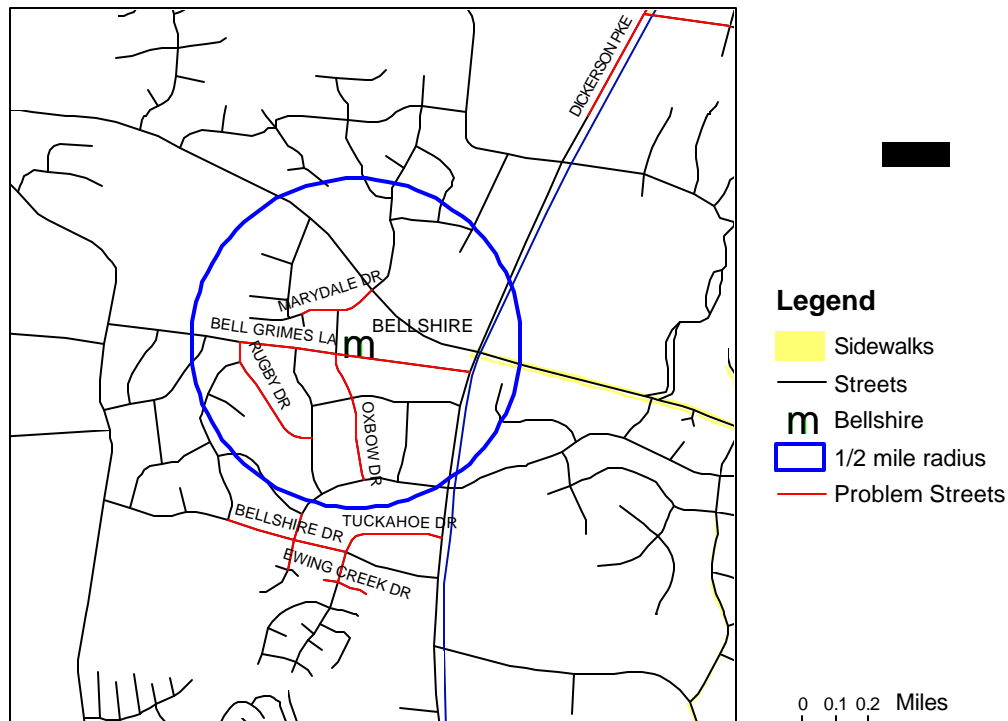
### **Regular Walking for Exercise**

50% walk three or more times per week

### **Solutions to Walking Barriers**

- More time (50% of surveys)
- Better sidewalks
- Safer neighborhood

**Bellshire Design Center**  
**1128 Bell Grimes Lane, Nashville, TN 37207**  
 18 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks (56% of surveys)
- Sidewalks start and stop
- Sidewalks blocked
- Sidewalks have no ADA ramps
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs
- Vacant buildings or run-down property

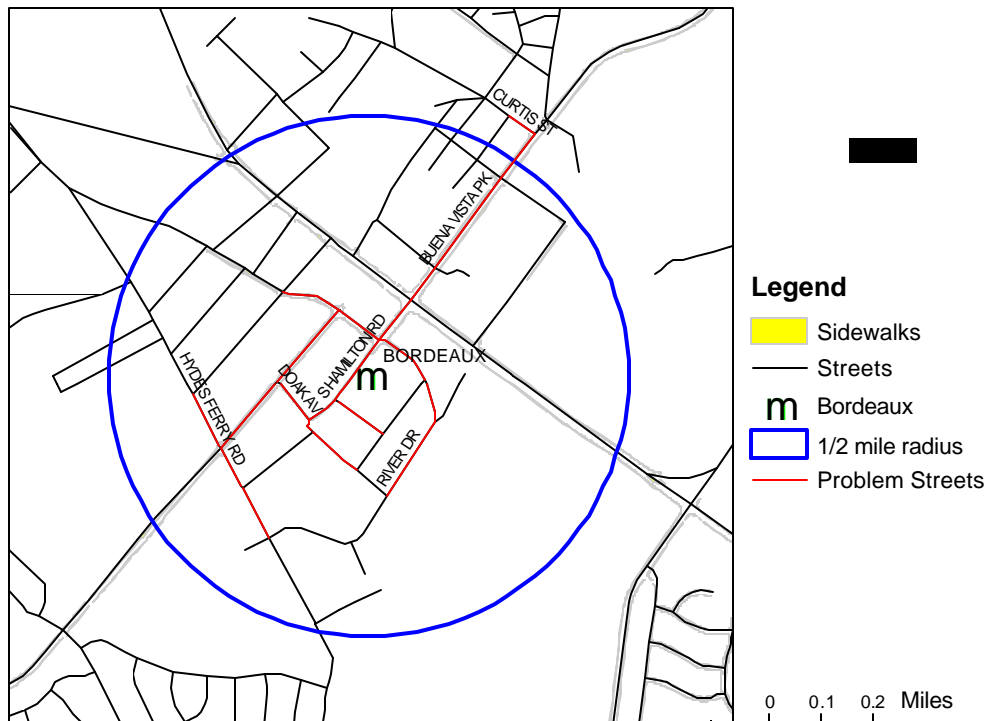
### Regular Walking for Exercise

50% walk three times or more per week

### Solutions to Walking Barriers

- More time (50% of surveys)
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Bordeaux Elementary**  
**1910 S. Hamilton Rd, Nashville, TN 37218**  
 33 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop (55% of surveys)
- Sidewalks broken or cracked (58% of surveys)
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Road too wide to cross safely
- Traffic lights needed
- Traffic signals too long
- Pedestrian crossing signals needed
- Pedestrian crossing signals timing too short
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dog

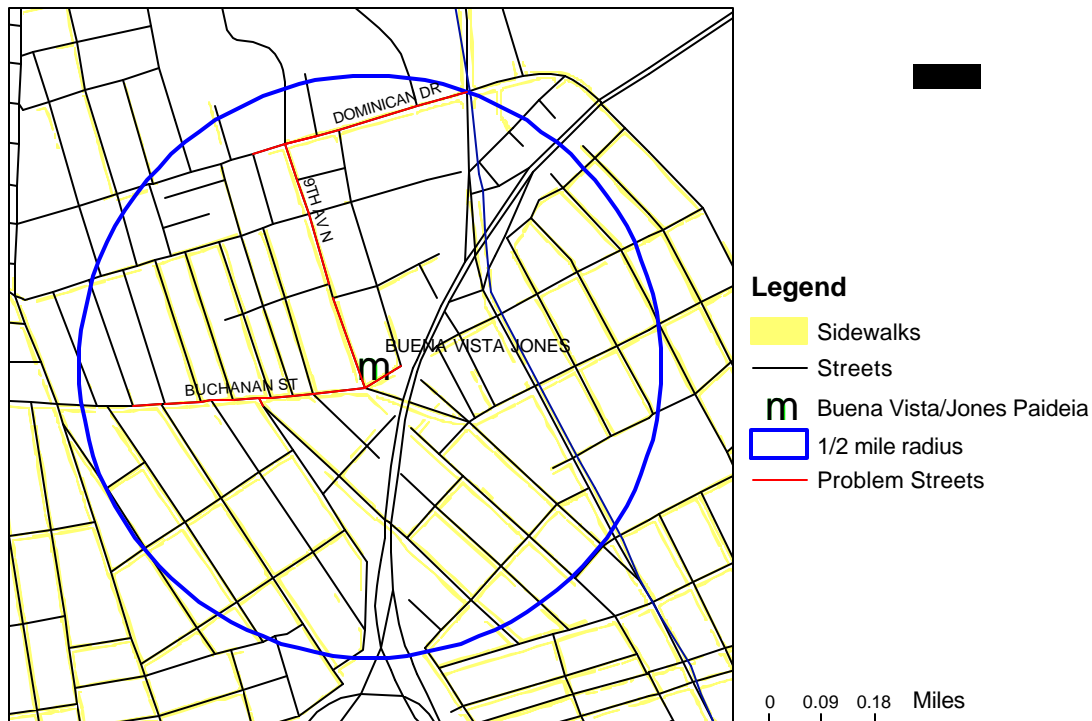
### Regular Walking for Exercise

24% walk three times or more per week

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Buena Vista/ Jones Paideia Magnet School**  
**1800 9<sup>th</sup> Ave N, Nashville, TN 37208**  
 18 surveys



### Neighborhood Problems from Walk Survey

- Sidewalks start and stop
- Sidewalks broken or cracked (56% of surveys)
- Sidewalks blocked (67% of surveys)
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Cars parked on sidewalks
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs
- Vacant buildings or run-down property

### Regular Walking for Exercise

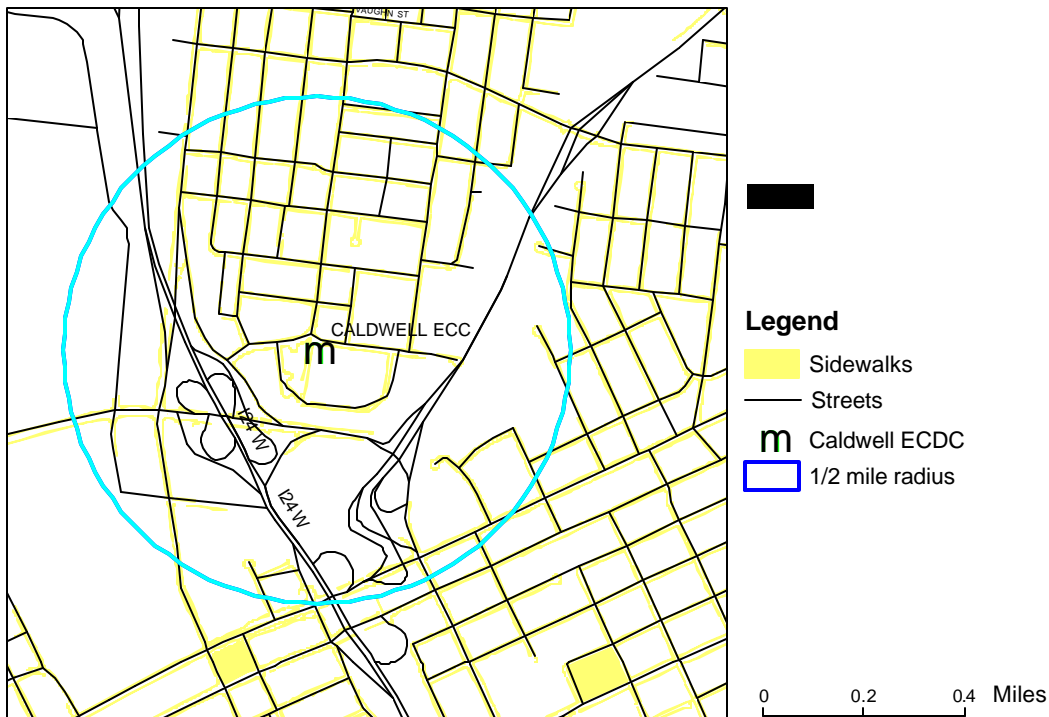
39% walk three times or more per week

### Solutions to Walking Barriers

- More time (56% of surveys)
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Caldwell Early Childhood Development Center**  
**401 Meridian Street, Nashville, TN 37207**

21 surveys



No street locations were given for problems

**Neighborhood Problems from Walk Survey**

- Sidewalks start and stop
- Sidewalks broken or cracked (95% of surveys)
- Sidewalks blocked
- Road too wide to cross safely (95% of surveys)
- Crosswalks needed (100% of surveys)
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals (86% of surveys)
- Drivers go too fast (100% of surveys)
- Drivers do not yield to pedestrians (100% of surveys)
- There is too much traffic
- Bad drivers (100% of surveys)
- Streets need better lighting (100% of surveys)
- People are loitering (100% of surveys)

**Regular Walking for Exercise**

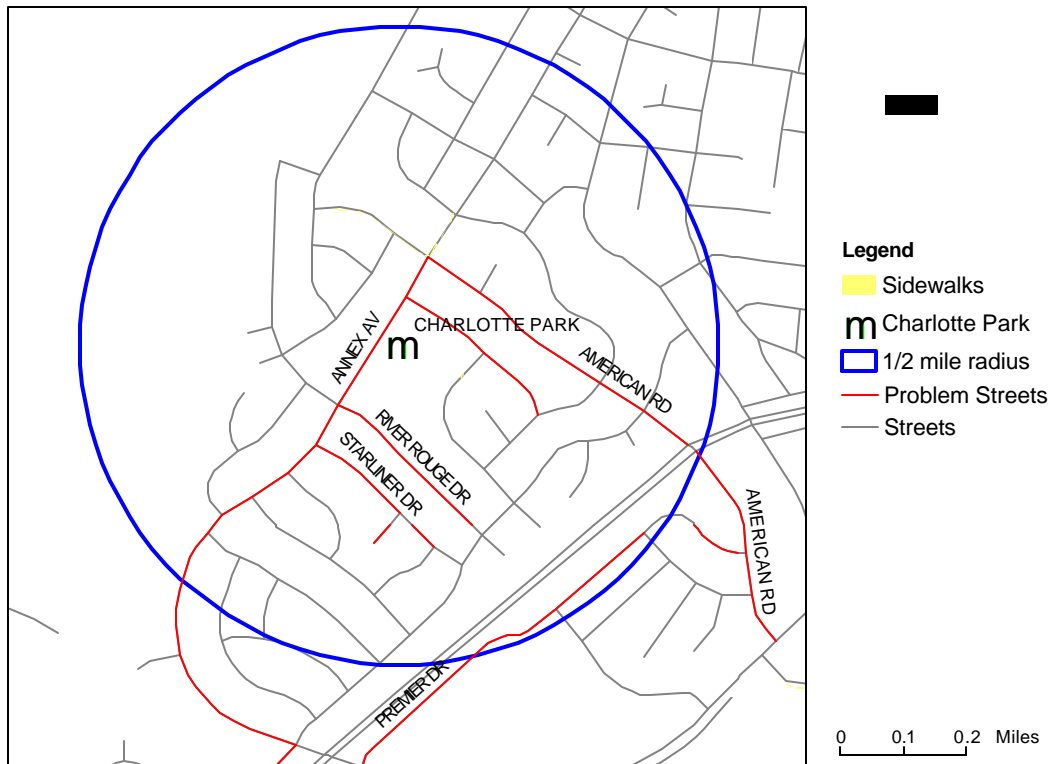
4% walk at least once a week

**Solutions to Walking Barriers**

- More time
- Better sidewalks (100% of surveys)
- Safer neighborhood (95% of surveys)
- Better health (71% of surveys)
- Some one to walk with (67% of surveys)



**Charlotte Park Elementary**  
**480 Annex Ave, Nashville, TN 37209**  
13 surveys



### **Neighborhood Problems from Walk Survey**

- No sidewalks
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Crosswalks needed
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast (62% of surveys)
- Drivers do not yield to pedestrians
- There is too much traffic
- Bad drivers
- People are loitering

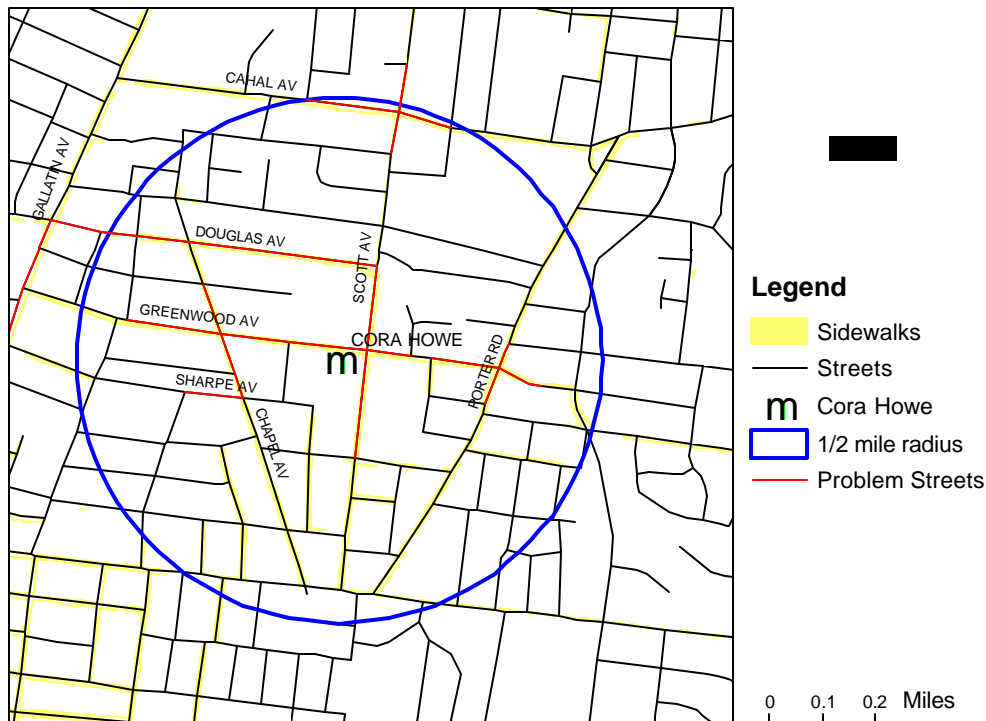
### **Regular Walking for Exercise**

38% walk three or more times per week

### **Solutions to Walking Barriers**

- More time (54% of surveys)
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with (54% of surveys)

**Cora Howe Elementary**  
**1928 Greenwood Ave, Nashville, TN 37206**  
 13 surveys



### Neighborhood Problems from Walk Survey

- Sidewalks start and stop (62% of surveys)
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too narrow
- Cars parked on sidewalks
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs (54% of surveys)

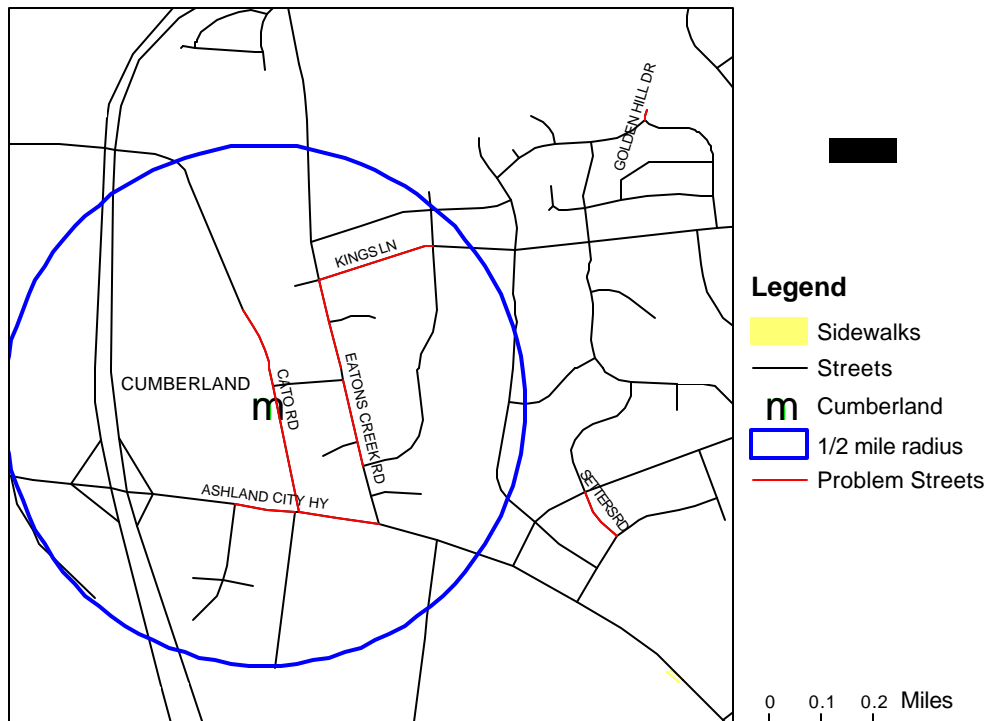
### Regular Walking for Exercise

39% walk three or more times per week

### Solutions to Walking Barriers

- More time (62% of surveys)
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Cumberland Elementary**  
**4247 Cato Rd, Nashville, TN 37218**  
 24 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks (67% of surveys)
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- Unleashed dogs
- Need crossing guard
- Need school crossing light

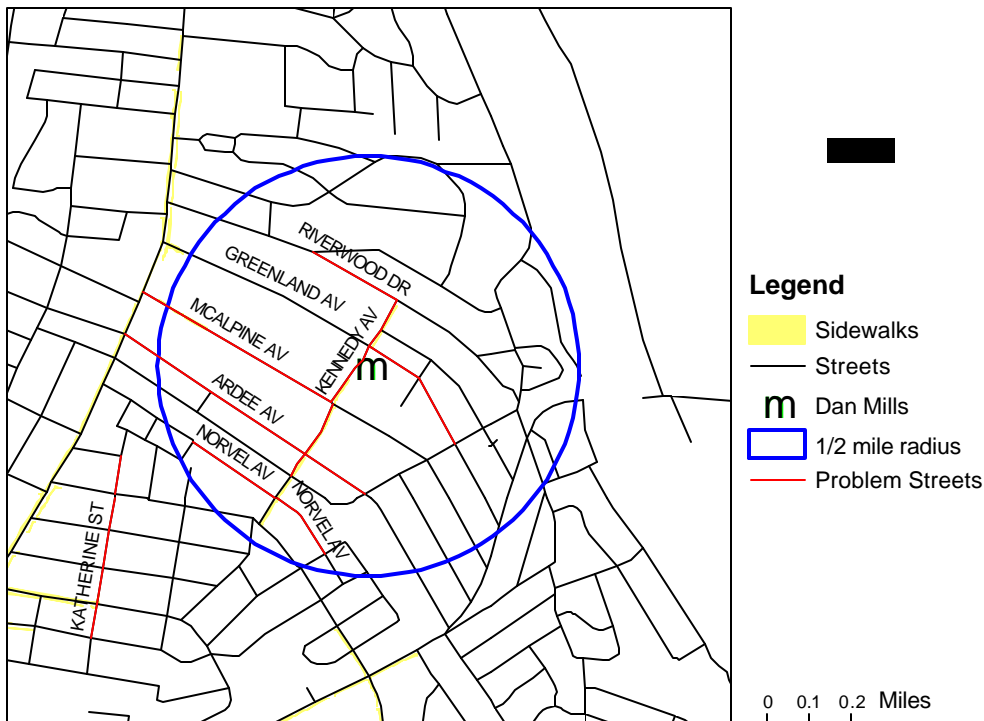
### Regular Walking for Exercise

21% walk three or more times per week

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Dan Mills Elementary**  
**4106 Kennedy Ave, Nashville, TN 37216**  
 23 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks (61% of surveys)
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Cars parked on sidewalks
- Traffic lights needed
- Traffic signals too long
- Pedestrian crossing signals needed
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- Bad drivers
- Streets need better lighting
- Unleashed dogs
- Vacant buildings or run-down property

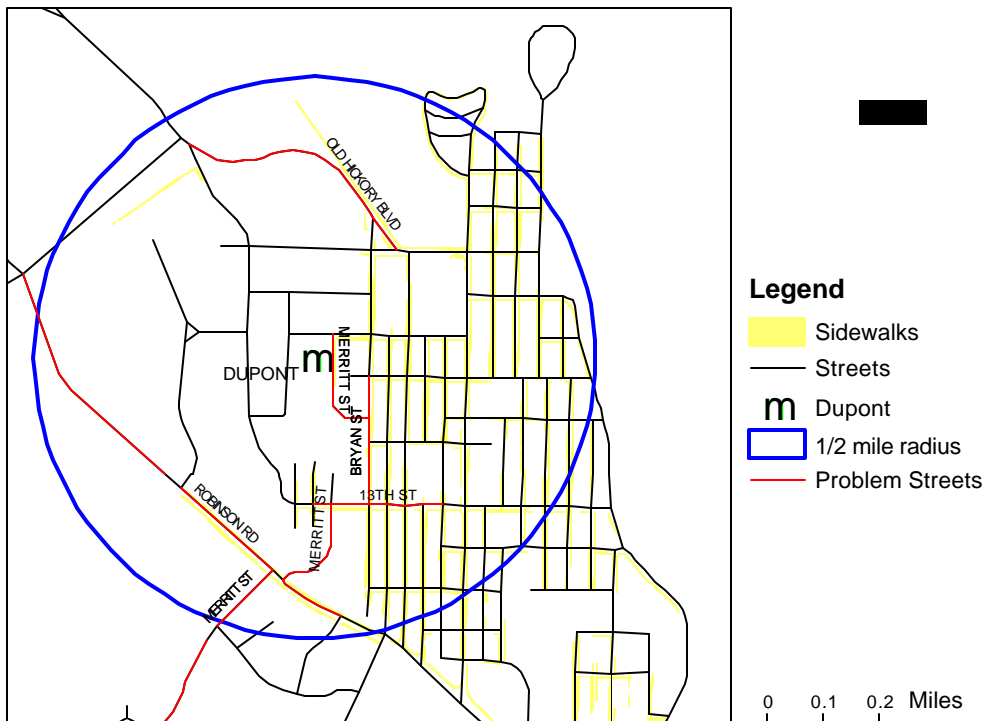
### Regular Walking for Exercise

26% walk three times or more per week

### Solutions to Walking Barriers

- More time
- Better sidewalks (57% of surveys)
- Safer neighborhood
- Better health
- Some one to walk with

**Dupont Elementary**  
**1311 Ninth Street, Old Hickory, TN 37138**  
 14 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop (64% of surveys)
- Sidewalks broken or cracked (50% of surveys)
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Cars parked on sidewalks
- Road too wide to cross safely
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- There is too much traffic
- Bad drivers
- Unleashed dog

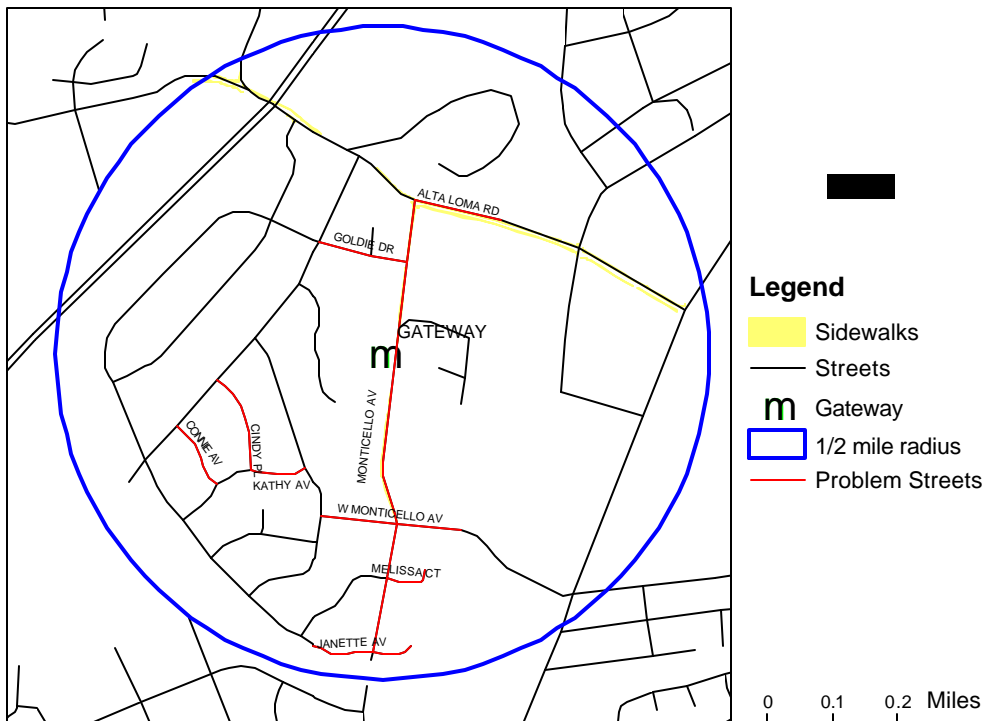
### Regular Walking for Exercise

85% walk at least once a week

### Solutions to Walking Barriers

- More time (50% of surveys)
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Gateway Elementary**  
**1524 Monticello Ave, Madison, TN 37115**  
 26 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Road too wide to cross safely
- Pedestrian crossing signals needed
- Crosswalks needed
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs

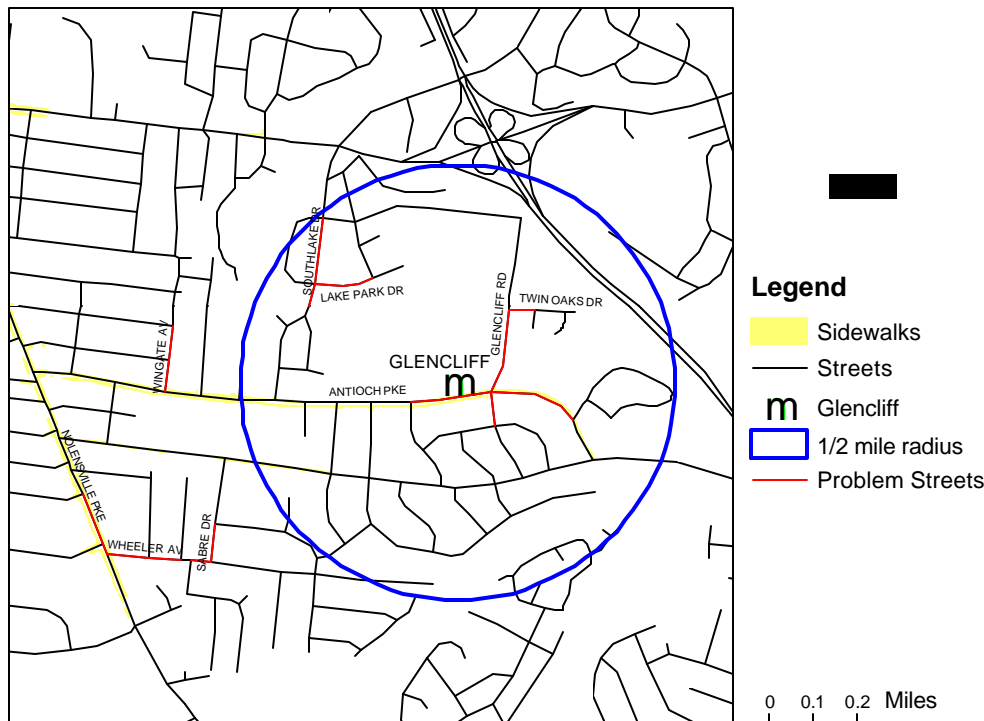
### Regular Walking for Exercise

27% walk three times or more per week

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Glenclyff Elementary**  
**120 Antioch Pike, Nashville, TN 37211**  
 17 surveys



**Neighborhood Problems from Walk Survey**

- No sidewalks
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Cars parked on sidewalks
- Road too wide to cross safely
- Traffic lights needed
- Traffic signals too long
- Pedestrian crossing signals needed
- Pedestrian crossing signals timing too short
- Crosswalks needed
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- There is too much traffic (71% of surveys)
- Bad drivers (59% of surveys)
- Streets need better lighting
- People are loitering
- Unleashed dogs
- Vacant buildings or run-down property

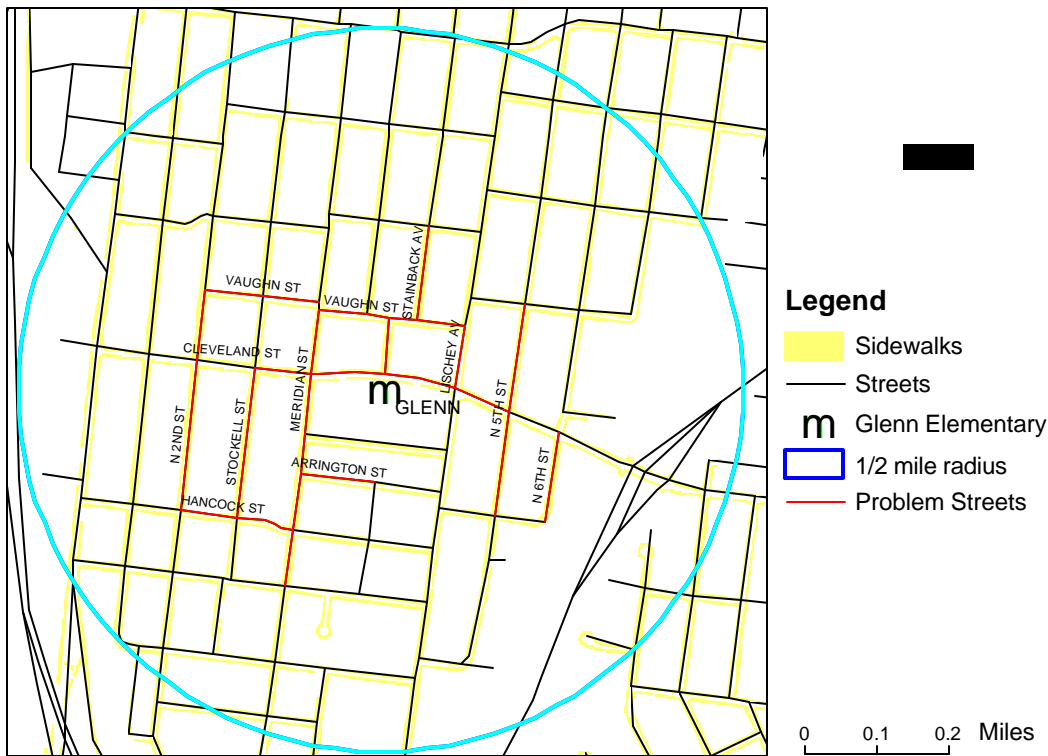
**Regular Walking for Exercise**

59% walk at least once a week

**Solutions to Walking Barriers**

- More time
- Better sidewalks
- Safer neighborhood (65% of surveys)
- Better health
- Some one to walk with

**Glenn Enhanced Option School**  
**322 Cleveland St, Nashville, TN 37207**  
 25 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Cars parked on sidewalks
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs (56% of surveys)
- Vacant buildings or run-down property

### Regular Walking for Exercise

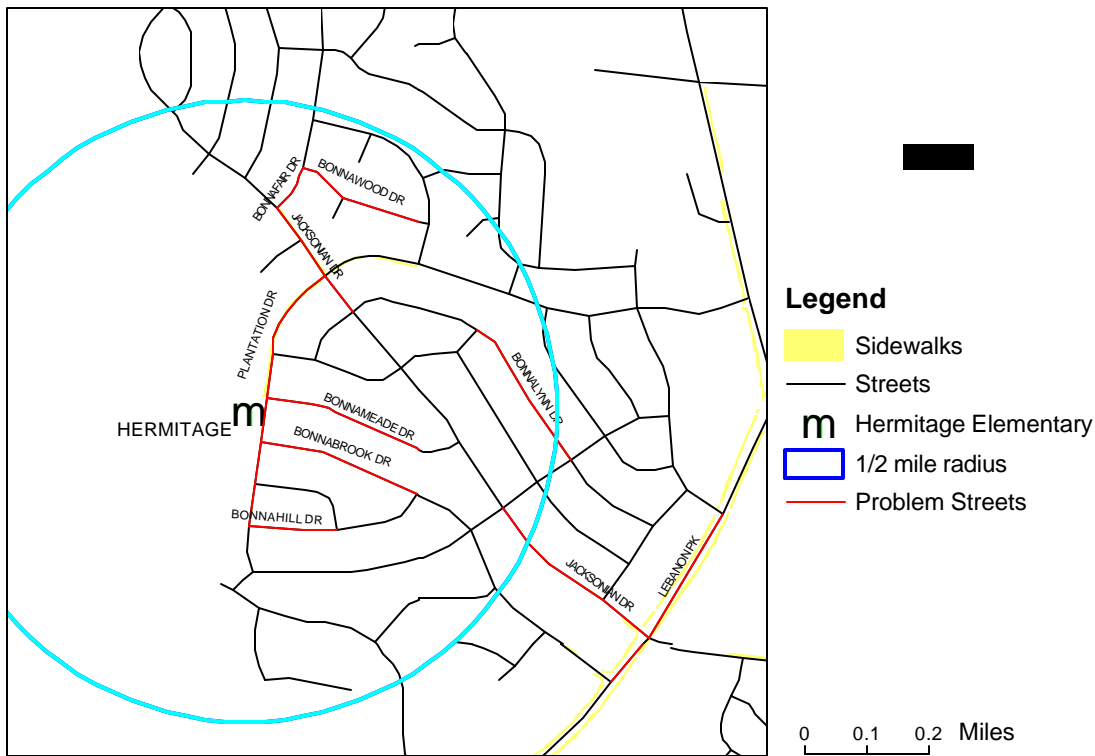
52% walk at least once per week

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood (52% of surveys)
- Better health
- Some one to walk with



**Hermitage Elementary**  
**3800 Plantation Dr, Hermitage, TN 37076**  
 19 surveys



**Neighborhood Problems from Walk Survey**

- No sidewalks
- Sidewalks start and stop (63% of surveys)
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Cars parked on sidewalks
- Road too wide to cross safely
- Traffic lights needed
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers go too fast (53% of surveys)
- Drivers do not yield to pedestrians
- There is too much traffic
- Bad drivers
- Streets need better lighting
- Unleashed dogs
- Vacant buildings or run-down property

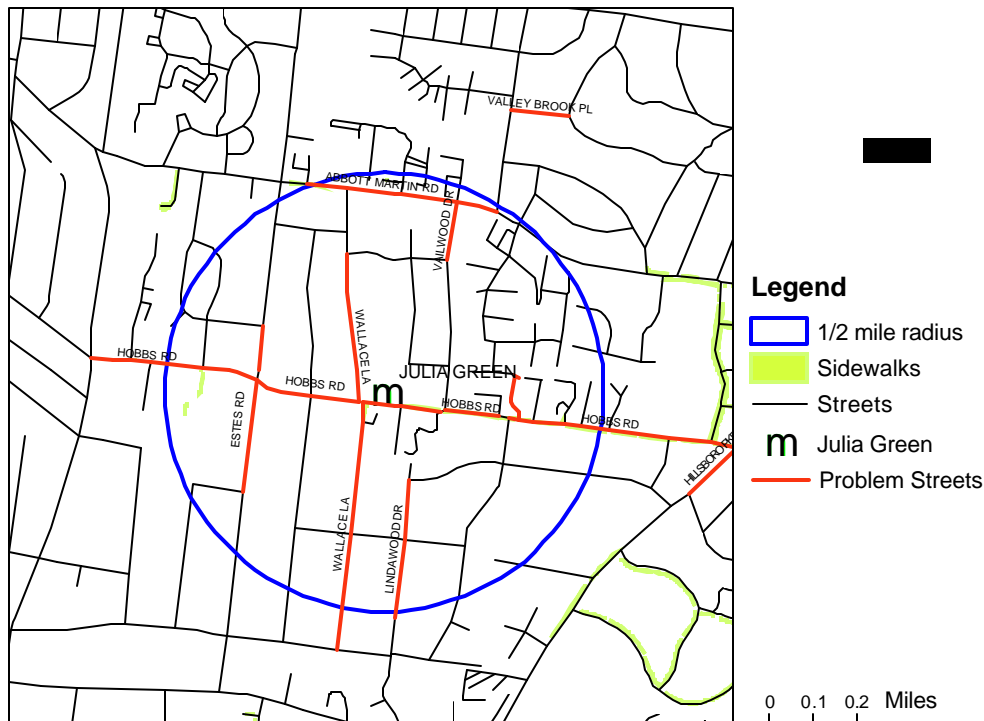
**Regular Walking for Exercise**

21% walk at least three times per week

**Solutions to Walking Barriers**

- More time (63% of surveys)
- Better sidewalks (68% of surveys)
- Safer neighborhood
- Better health
- Some one to walk with

**Julia Green Elementary**  
**3500 Hobbs Rd, Nashville, TN 37215**  
 24 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop (54% of surveys)
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- Unleashed dogs

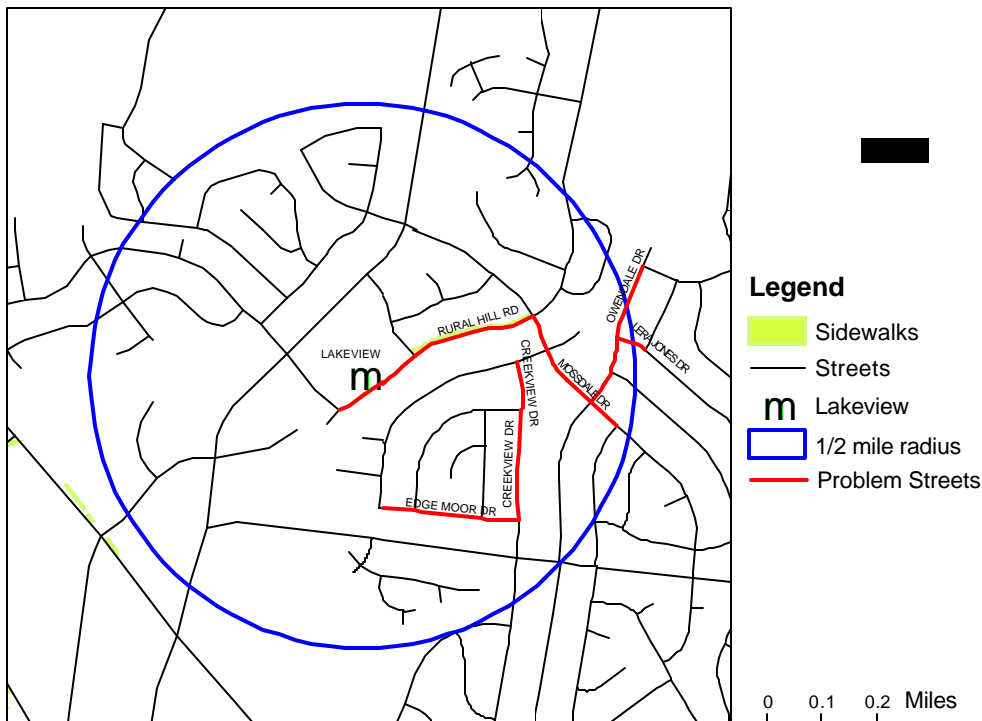
### Regular Walking for Exercise

79% walk at least once a week

### Solutions to Walking Barriers

- More time
- Better sidewalks (54% of surveys)
- Better health
- Some one to walk with

**Lakeview Elementary**  
**455 Rural Hill Rd, Nashville, TN 37217**  
 10 surveys



### **Neighborhood Problems from Walk Survey**

- No sidewalks (50% of surveys)
- Sidewalks start and stop
- Sidewalks blocked
- Sidewalks too close to traffic
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- Unleashed dogs

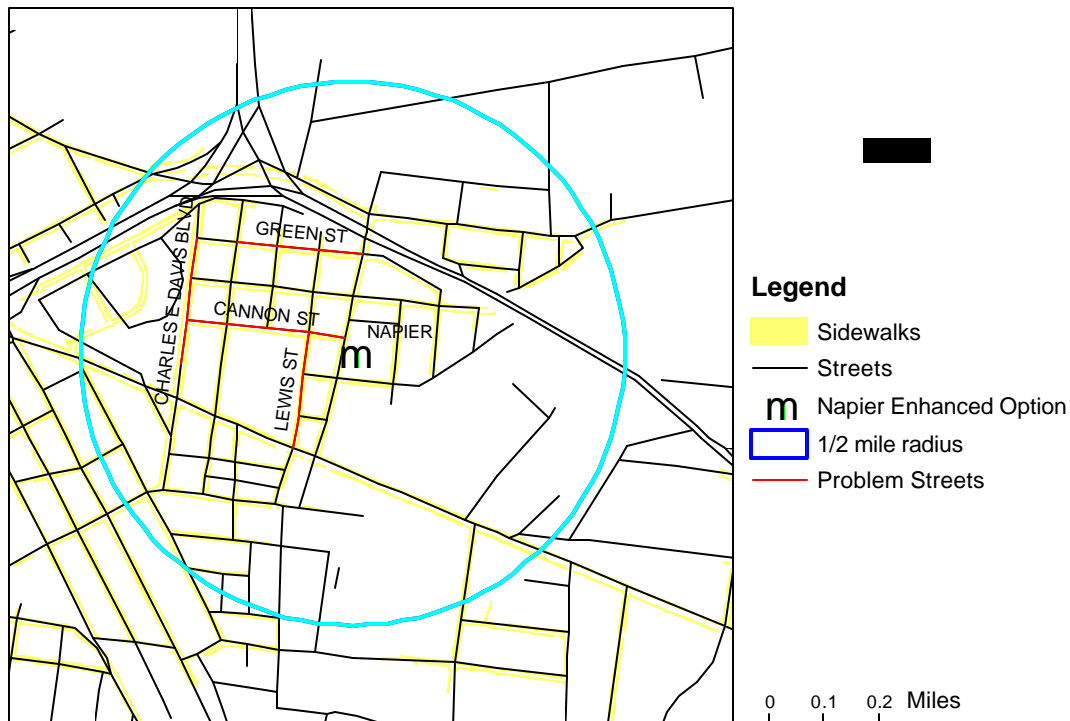
### **Regular Walking for Exercise**

60% walk at least once a week

### **Solutions to Walking Barriers**

- More time
- Safer neighborhood
- Better health
- Some one to walk with

**Napier Enhanced Option School**  
**60 Fairfield Ave, Nashville, TN 37210**  
11 surveys



### Neighborhood Problems from Walk Survey

- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Cars parked on sidewalks
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- Bad drivers
- People are loitering
- Unleashed dogs
- Vacant buildings or run-down property

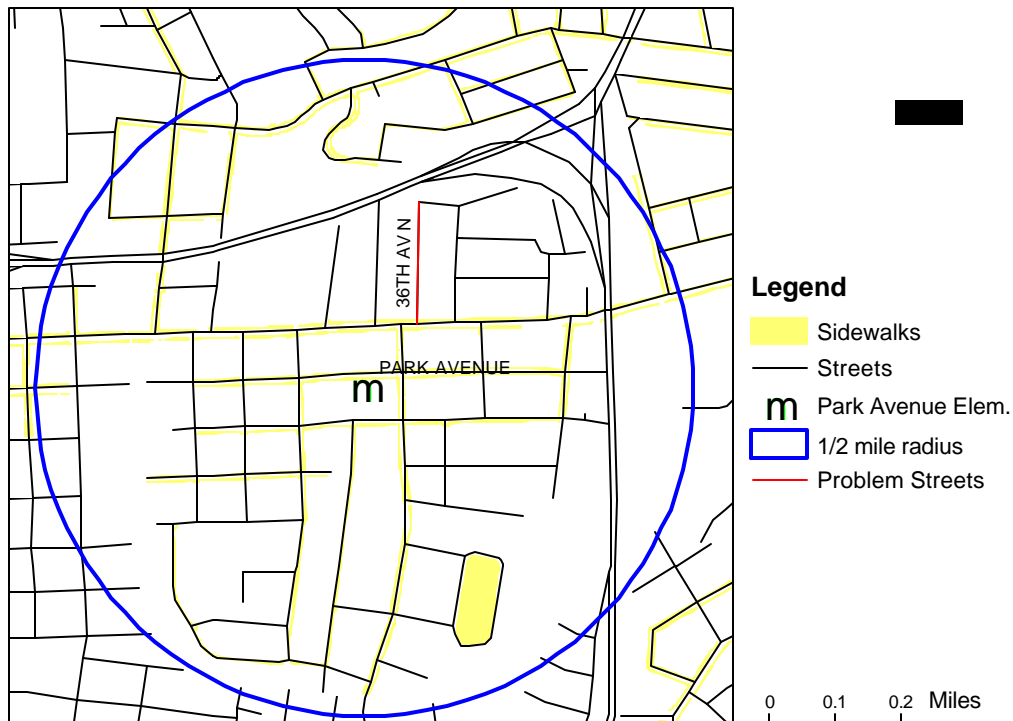
### Regular Walking for Exercise

55% walk at least once a week

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Park Avenue Elementary**  
**3703 Park Avenue, Nashville, TN 37209**  
 6 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks (50% of surveys)
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks have no ADA ramps
- Cars parked on sidewalks (50% of surveys)
- Road too wide to cross safely
- Traffic lights needed
- Traffic signals too long
- Pedestrian crossing signals needed
- Pedestrian crossing signals timing too short
- Crosswalks needed
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers (50% of surveys)
- Streets need better lighting
- People are loitering
- Unleashed dogs (67% of surveys)
- Vacant buildings or run-down property

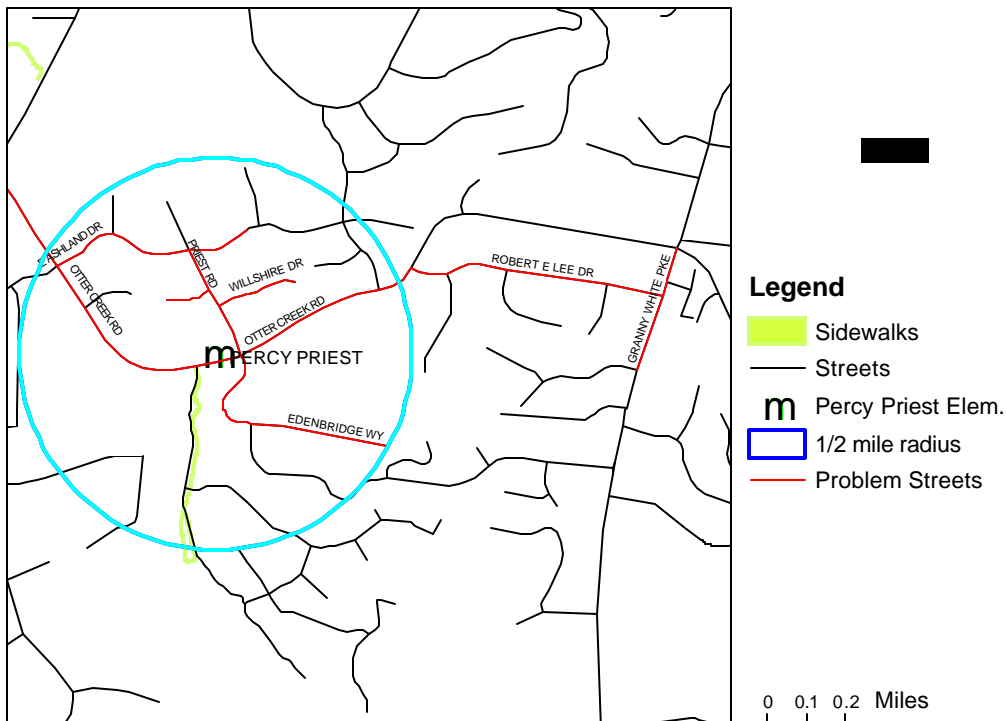
### Regular Walking for Exercise

50% walk three times a week or more

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Percy Priest Elementary**  
**1700 Otter Creek Rd, Nashville, TN 37215**  
 25 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks (84% of surveys)
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Cars parked on sidewalks
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- Unleashed dogs

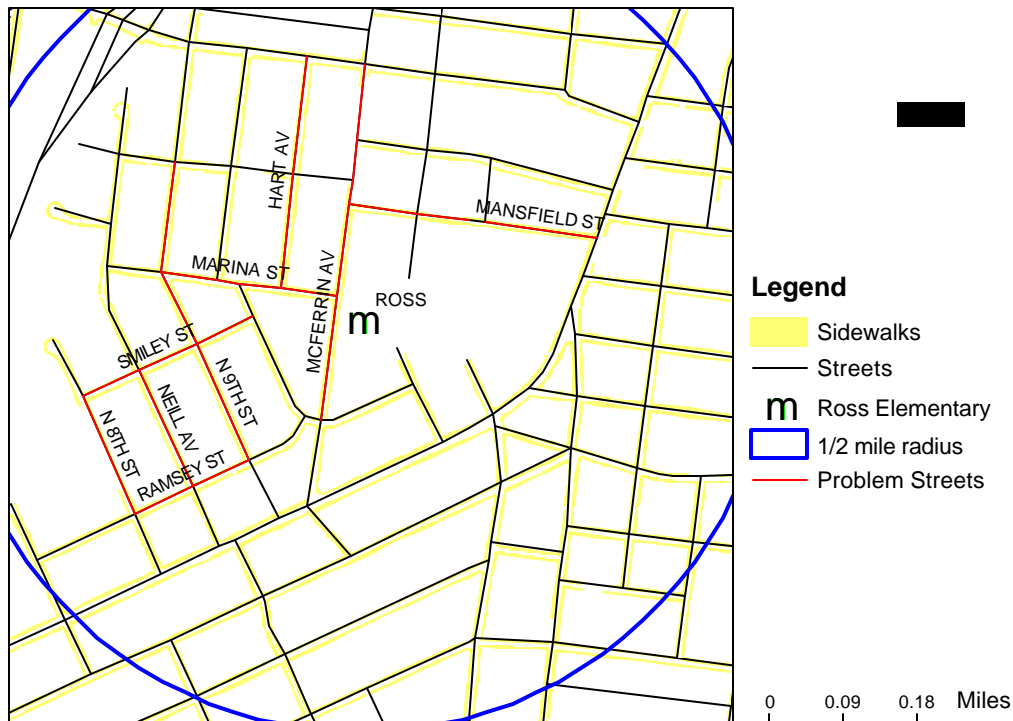
### Regular Walking for Exercise

28% walk three times per week or more

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Some one to walk with

**Ross Elementary**  
**601 McFerrin St, Nashville, TN 37206**  
 9 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Pedestrian crossing signals needed
- Pedestrian crossing signals timing too short
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs
- Vacant buildings or run-down property

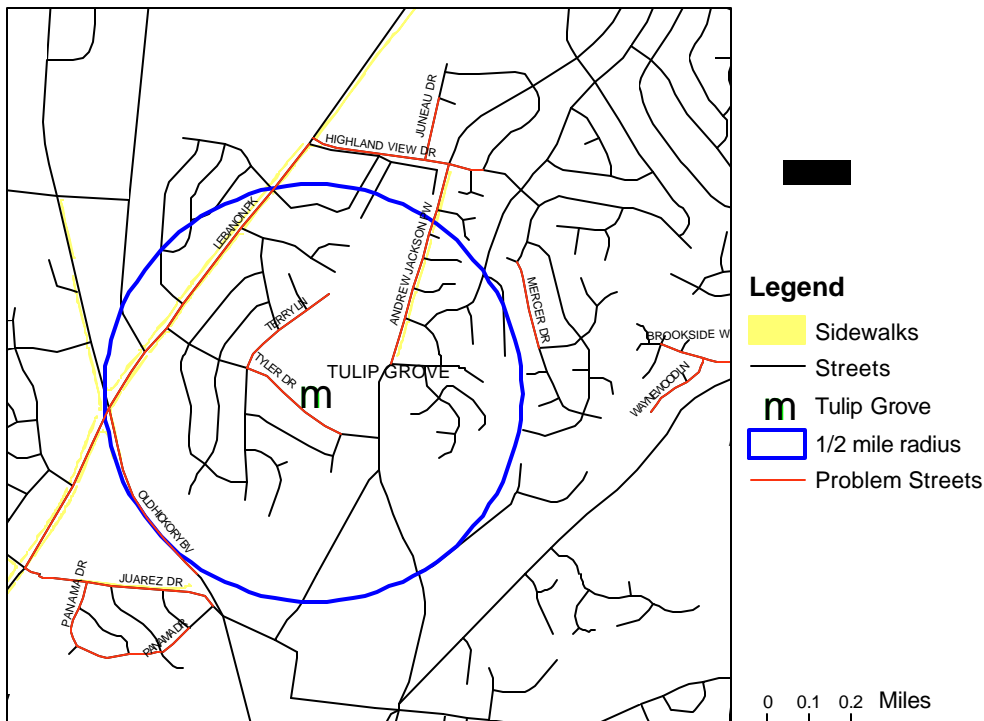
### Regular Walking for Exercise

33% walk three times per week or more

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Some one to walk with

**Tulip Grove Elementary**  
**441 Tyler Dr, Nashville, TN 37076**  
 25 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Road too wide to cross safely
- Traffic lights needed
- Traffic signals too long
- Pedestrian crossing signals needed
- Crosswalks needed
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- Unleashed dogs

### Regular Walking for Exercise

40% walk at least once a week, 20% walk three times per week or more

### Solutions to Walking Barriers

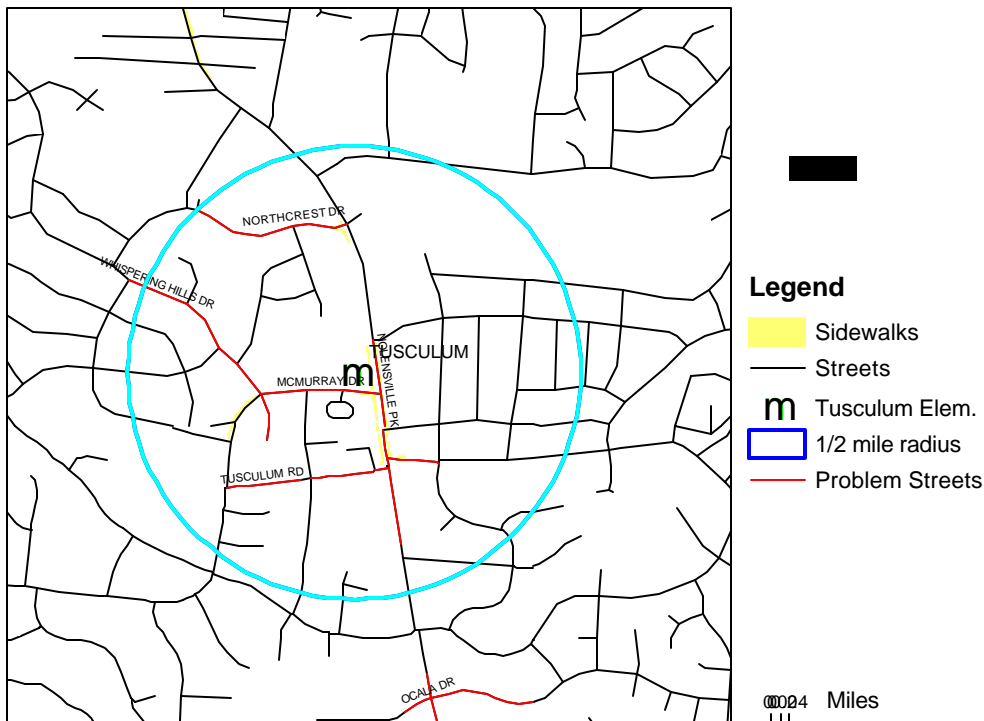
- More time
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with



## Tusculum Elementary

4917 Nolensville Rd, Nashville, TN 37211

27 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Cars parked on sidewalks
- Road too wide to cross safely
- Traffic lights needed
- Traffic signals too long
- Pedestrian crossing signals needed
- Pedestrian crossing signals timing too short
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs

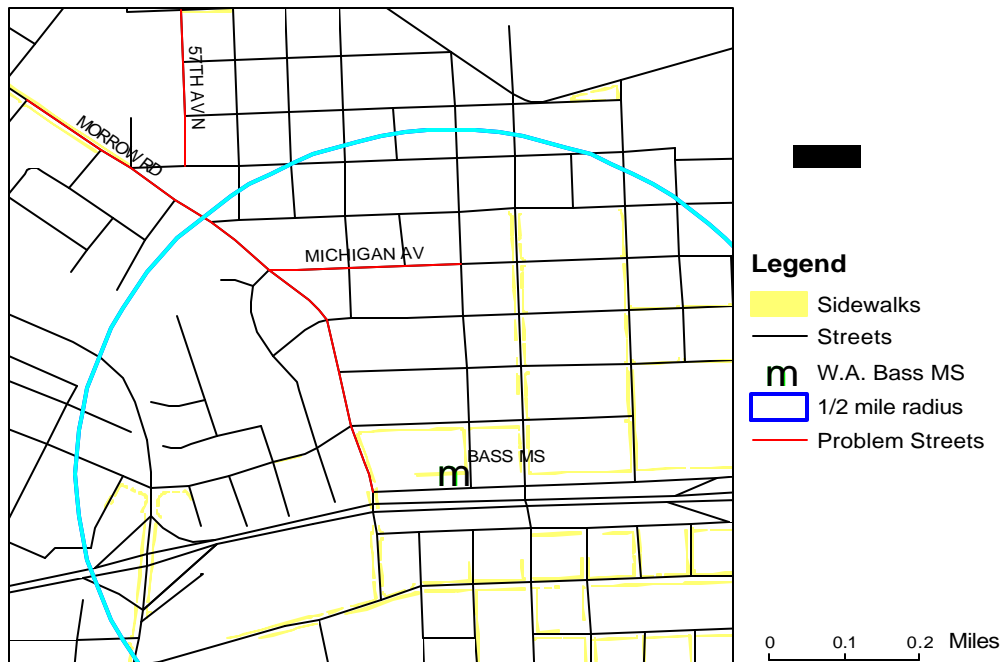
### Regular Walking for Exercise

59% walk at least once a week, 22% walk three times a week or more

### Solutions to Walking Barriers

- More time (56% of surveys)
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**W. A. Bass Middle School**  
**5200 Delaware Ave, Nashville, TN 37209**  
 10 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks (50% of surveys)
- Sidewalks start and stop (80% of surveys)
- Sidewalks broken or cracked (70% of surveys)
- Sidewalks blocked (70% of surveys)
- Sidewalks too close to traffic
- Sidewalks too narrow (50% of surveys)
- Sidewalks have no ADA ramps (70% of surveys)
- Road too wide to cross safely
- Traffic lights needed
- Traffic signals too long
- Pedestrian crossing signals needed (50% of surveys)
- Pedestrian crossing signals timing too short
- Crosswalks needed (50% of surveys)
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs
- Vacant buildings or run-down property

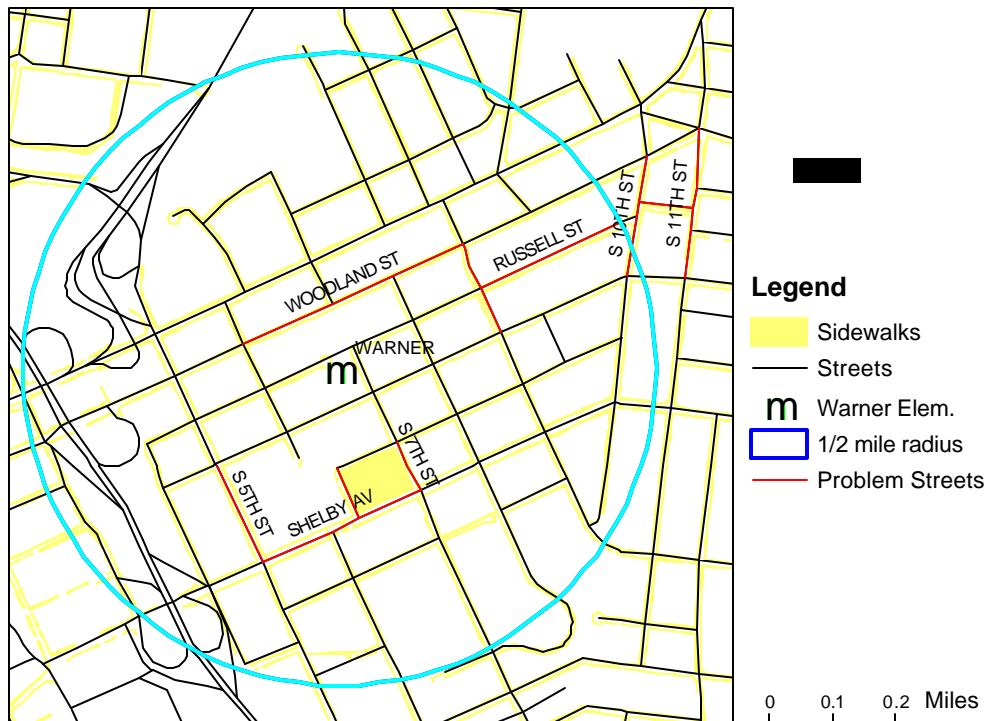
### Regular Walking for Exercise

40% walk three times per week or more

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Some one to walk with

**Warner Elementary**  
**626 Russell St, Nashville, TN 37206**  
 15 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Road too wide to cross safely
- Traffic signals too long
- Pedestrian crossing signals needed
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast
- Drivers do not yield to pedestrians
- There is too much traffic
- Bad drivers
- Streets need better lighting
- People are loitering
- Unleashed dogs

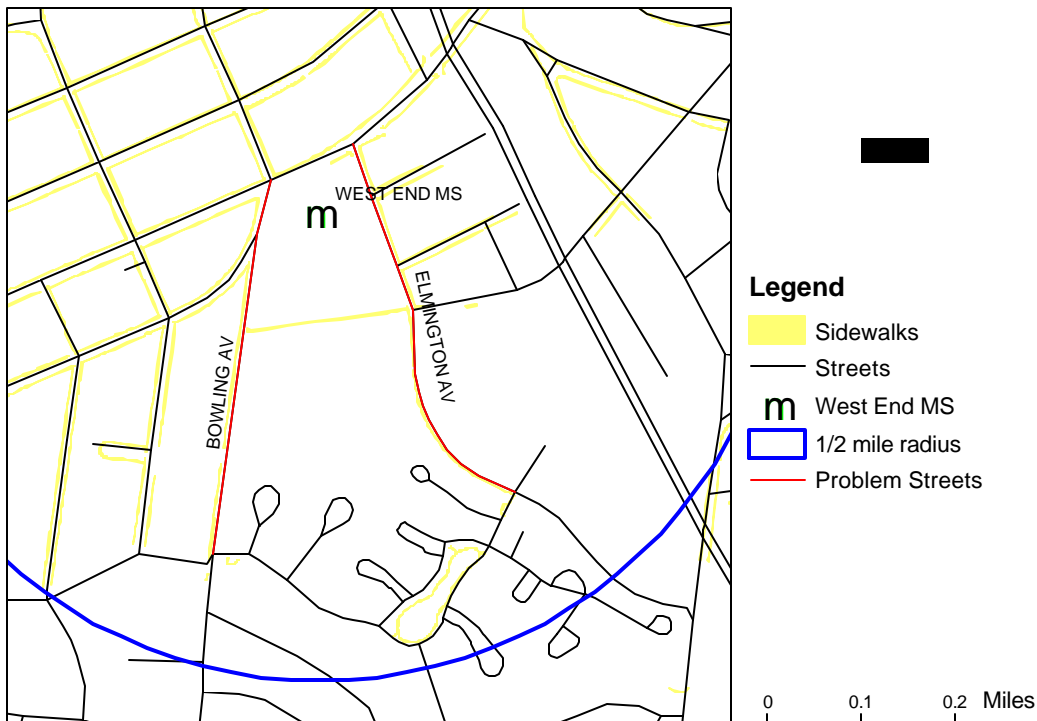
### Regular Walking for Exercise

40% walk three times per week or more

### Solutions to Walking Barriers

- More time (53% of surveys)
- Safer neighborhood
- Better health
- Some one to walk with

**West End Middle School**  
**3529 West End Ave, Nashville, TN 37205**  
 9 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop (56% of surveys)
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Traffic signals too long
- Pedestrian crossing signals needed
- Crosswalks needed
- View of traffic blocked by cars or poles
- Drivers do not stop at stop signs
- Drivers go too fast
- There is too much traffic
- Streets need better lighting
- Unleashed dogs

### Regular Walking for Exercise

33% walk three times per week or more

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

**Wharton Middle School**  
**1625 D. B Todd Jr. Blvd, Nashville, TN 37208**

1 survey



**Neighborhood Problems from Walk Survey**

- Sidewalks broken or cracked
- Sidewalks too close to traffic
- Unleashed dogs
- Broken glass on sidewalks

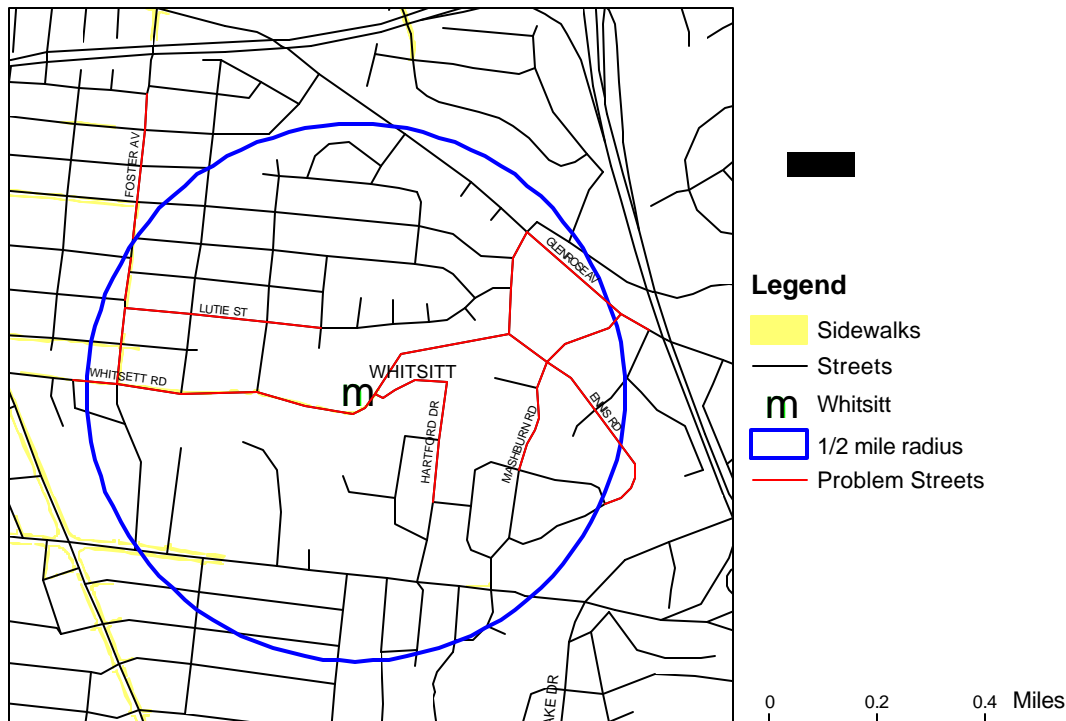
**Regular Walking for Exercise**

The one respondent walks at least once per week.

**Solutions to Walking Barriers**

No barriers noted.

**Whitsitt Elementary**  
**110 Whitsett Rd, Nashville, TN 37210**  
 37 surveys



### Neighborhood Problems from Walk Survey

- No sidewalks
- Sidewalks start and stop
- Sidewalks broken or cracked
- Sidewalks blocked
- Sidewalks too close to traffic
- Sidewalks too narrow
- Sidewalks have no ADA ramps
- Road too wide to cross safely
- Traffic lights needed
- Pedestrian crossing signals needed
- Pedestrian crossing signals timing too short
- Crosswalks needed
- Drivers do not stop at stop signs
- Drivers do not obey traffic signals
- Drivers go too fast (51% of surveys)
- Drivers do not yield to pedestrians
- Drivers do not look before backing out of driveways
- There is too much traffic
- Bad drivers
- Streets need better lighting
- Unleashed dogs
- Vacant buildings or run-down property
- Low branches over sidewalks
- Broken glass on sidewalks

### Regular Walking for Exercise

59% walk at least once per week, 19% walk three times per week or more

### Solutions to Walking Barriers

- More time
- Better sidewalks
- Safer neighborhood
- Better health
- Some one to walk with

# WALK TO SCHOOL DAY

Nashville -October 2, 2002

School Name: \_\_\_\_\_

How many of your children attend this school? \_\_\_\_\_

What are their ages? \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

*Please check all the statements that apply to your walk to school today.*

## GOING TO SCHOOL

In an average week, how do your children usually get to school?

- ☐ Walk to school
- ☐ Ride a bike to school
- ☐ Ride the school bus to school
- ☐ Ride in a car to school
- ☐ Other (explain) \_\_\_\_\_



## SIDEWALKS

- ☐ There are no sidewalks.
- ☐ There are sidewalks, but they start and stop.
- ☐ Sidewalks are broken or cracked.
- ☐ Sidewalks are blocked with poles, signs, plants, weeds, etc.
- ☐ Sidewalks are too close to fast-moving traffic.
- ☐ There is not enough room for two people to walk side-by-side.
- ☐ Sidewalks do not have ramps for wheelchairs, strollers, or wagons.
- ☐ Cars or trucks are blocking the sidewalk.
- ☐ Other (explain) \_\_\_\_\_

Location/Street

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## STREET CROSSINGS

- ☐ Road is too wide to cross safely.
- ☐ Street needs traffic lights or signals.
- ☐ Traffic signals make walkers wait too long to cross the street.
- ☐ Need pedestrian crossing signals (Walk/Do Not Walk signals).
- ☐ Walk/Do Not Walk signals are too short for pedestrian to reach other side of street.
- ☐ Street needs crosswalks.
- ☐ View of traffic blocked by utility poles or cars parked on the street.
- ☐ Other (explain) \_\_\_\_\_

Location/Street

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## TRAFFIC AND DRIVERS

- ☐ Drivers do not stop at stop signs.
- ☐ Drivers do not obey traffic signals.
- ☐ Drivers seem to be going too fast.
- ☐ Drivers do not yield to pedestrians.
- ☐ Drivers do not look before backing out of driveways.
- ☐ Other (explain) \_\_\_\_\_

Location/Street

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## SAFETY

I do not feel safe walking because:

- ☐ There is too much traffic.
- ☐ Bad drivers.
- ☐ Streets do not have enough lighting for walking in the dark.
- ☐ People are loitering.
- ☐ Unleashed dogs.
- ☐ Vacant buildings and run-down property.
- ☐ Other (explain) \_\_\_\_\_

Location/Street

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## REGULAR WALKING FOR EXERCISE

How many times per week do you usually walk for 30 minutes?

- ☐ none
- ☐ 1 to 2 times a week
- ☐ 3 to 4 times a week
- ☐ 5 times a week or more



What would help you walk more? (Check all the apply)

- ☐ More time
- ☐ Better sidewalks
- ☐ Safer neighborhood
- ☐ Better health
- ☐ Someone to walk with

# Thank You!!



## **VII. School Addresses**

**Alex Green Elementary** 3921 Lloyd Rd. Nashville TN 37207  
**Bailey Middle School** 2000 Greenwood Ave. Nashville TN 37206-1725  
**Bellshire Design Center** 1128 Bell Grimes Ln. Nashville TN 37207  
**Bordeaux Enhanced Option Elementary** 1910 S. Hamilton Rd. Nashville 37218  
**Buena Vista/ Jones Paideia Magnet School** 1800 9<sup>th</sup> Ave. N, Nashville, TN 37208  
**Caldwell Early Childhood Center** 401 Meridian St Nashville TN 37207  
**Charlotte Park Elementary** 480 Annex Ave. Nashville TN 37209  
**Cora Howe Elementary** 1928 Greenwood Ave. Nashville TN 37206  
**Cumberland Elementary** 4247 Cato Rd. Nashville, TN 37218  
**Dan Mills Elementary** 4106 Kennedy Ave. Nashville TN 37216  
**Dupont Elementary** 1311 9<sup>th</sup> St. Old Hickory, TN 37138  
**Dupont Hadley Middle School** 1311 Ninth St. Old Hickory, TN 37138  
**Gateway Elementary** 1524 Monticello Ave. Madison, TN 37115  
**Glenclyff Elementary** 120 Antioch Pike Antioch, TN 37013  
**Glen Enhanced Option School** 322 Cleveland St. Nashville TN  
**Hermitage Elementary** 3800 Plantation Dr Hermitage TN 37076  
**Julia Green Elementary** 3500 Hobbs Rd. Nashville TN 37215  
**Lakeview Elementary** 455 Rural Hill Rd. Nashville TN 37217  
**Napier Enhanced Option School** 60 Fairfield Ave. Nashville TN 37210  
**Park Avenue Elementary** 3703 Park Ave. Nashville TN 37209  
**Percy Priest Elementary** 1700 Otter Creek Rd. Nashville TN 37209  
**Ross Elementary** 610 McFerrin Ave. Nashville TN 37206  
**Tulip Grove Elementary** 441 Tyler Dr Nashville, TN 37076  
**Tusculum Elementary** 4917 Nolensville Rd. Nashville TN 37211  
**W. A. Bass Middle School** 5200 Delaware Ave. Nashville TN 37209  
**Warner Elementary** 626 Russell St Nashville TN 37206  
**Wharton Middle School** 1625 Dr. D. B. Todd Jr. Blvd. Nashville TN 37208  
**Whitsitt Elementary** 110 Whitsitt Rd. Nashville TN 37210

## VIII. Acknowledgements

Walk Nashville Week 2002 was made possible by the generous support of our sponsors:

<b>Advantage Signs</b>	<b>SAFE KIDS of TN</b>
<b>American Heart Association</b>	<b>TN Beef Industry Council</b>
<b>Arthritis Foundation</b>	<b>TN Department of Health</b>
<b>Coca-Cola</b>	<b>Wild Oats Natural Market Place</b>
<b>Harris Teeter</b>	<b>Metro Public Health Department</b>
<b>NIEHS Vanderbilt Center in Molecular Toxicology, Comm. Outreach Program</b>	

This report was compiled by the Community Health and Wellness Team, which is facilitated by the Metro Public Health Department. Special thanks to MDHD staff Melissa Garcia, MPH, and Nancy Nace, MPH, for overseeing the data collection and preparing the report.

### Team Members:

Laurel Creech, M.S., Chair, Director, Team Green  
LT. Coleman Beard, Metro Police Dept  
Joan Benton, TN Beef Industry Council  
David Borowski, M.A., TN Dept of Health  
Scott Brunette, Metro/Nashville Public Schools  
Jeff Campbell, Metro Public Works  
Tracy Campbell, Concerned Citizen  
Ed Cole, TDOT  
Rosie Donoho, Green Hills Merchants Assoc  
Dr. Ruby Dunlap, Belmont School of Nursing  
Melissa Garcia, MPH, MPH  
Gail Hardin, M.S., Ingram Cancer Information Center

Susan Helms, SAFE KIDS of TN  
Charles Jobe, TDEC  
Courtney Johnson, Arthritis Foundation  
Stacey Kendrick, M.S., Vanderbilt  
Tunu Kinebrew, Nashville Project REACH 2010  
David Kleinfelter, JD, Metro Planning, Walk/Bike Nashville  
Susan Miller, TN Dept. of Health  
Toks Omishakin, Metro Planning, Bike and Ped Coord.  
Jacque Pillow, Tying Nashville Together  
Tad Sekeres, PE, Julia Green Elementary  
Linda Shelton, Govnr's Cncl on Physical Fitness & Health  
Nancy Nace, MPH, Facilitator, MPH

The team seeks to reduce the risk of cardiovascular disease in the community, by raising awareness of and encouraging regular participation in physical exercise. The team encourages people in all age demographics to include exercise in their daily routine, so that it becomes a part of their lifestyle and continues to be important throughout their life span.

***Vision: Active People = Healthy People***

***Mission: Promote Wellness For All Ages Through Physical Activity***

The team provides leadership for the annual event, "Walk Nashville Week", in addition to participating in other health education/promotion activities. For more information, call 615/340-2124, or email [nancy.nace@nashville.gov](mailto:nancy.nace@nashville.gov).